

BRIDGES

SPACES:

A Saskatoon man's home reminds him of his native Spain **P. 4**

GARDENING:

The winners of our spring photo contest are unveiled **P. 14**

SHARP EATS:

Jenn Sharp takes one last look at the local food scene **P. 23**

WEDNESDAY, JUNE 10, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



INSPIRING WOMEN

BETTY-ANN HEGGIE
HAS AN INATE DESIRE
TO HELP WOMEN SUCCEED
P. 6

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

■ **LUKE LAWRENCE**

Father pens Erin's Gift

When Luke and Rosemarie Lawrence welcomed their son Jared into the world in 1999, they looked forward to raising their baby and his big sister Erin as a family. However, Rosemarie soon learned the devastating news that she had an extremely rare and deadly stomach cancer. What no one knew is that it is hereditary. Sixteen years after Rosemarie passed away, Erin developed the same deadly disease.

With singular determination, Luke Lawrence pushed the medical system for answers and learned there is a genetic test for hereditary diffuse gastric cancer (HDGC). Using Erin's DNA, the test confirmed the diagnosis. Jared had a 67 per cent chance of developing the cancer. At age 18, he became the youngest person to undergo a prophylactic removal of his stomach.

This poignant memoir from the journey of one family through the harrowing bat-



Luke Lawrence

terizing experience of a hereditary cancer, Luke's caring and courage in her final months motivated a CFL football team to reach for their dream and win the Grey Cup. Her teddy bear collection also inspired a charity that has given more than 46,000 teddy bears to hospitalized children in Kan-

ada. Now, *Erin's Gift* will bring you to tears, but it will also warm your heart with its legacy of love, caring and hope for the future.

"We hope that continued research in this area will someday develop a test to diagnose this disease at its earliest stages in doing so, it would help in the prevention of unnecessary prophylactic gastrectomies."

Luke Lawrence is president and founder of *Teddy Bears Anonymous*. This registered Canadian charity supplies Saskatchewan hospitals with teddy bears for sick children. Luke was born and raised in Regina and currently resides there. In addition to being and to his only son, Luke tirelessly promotes awareness about hereditary diffuse gastric cancer. — "The Genetic Risk" — and *Teddy Bears Anonymous*



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Betty Ann Heggie is a member of Canada's Top 100 Most Powerful Women-Hall of Fame. **BRIDGES PHOTO BY LIAM RICHARDS**

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Majard de Lucas Sentes' Saskatoon home is influenced by his native Spain. **BRIDGES PHOTO BY LIAM RICHARDS**

BRIDGES COVER PHOTO BY LIAM RICHARDS

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

#SASKATCHEWAN'S BEST SPACES

An open space to cook and entertain

By Sean Tremblath

WHO? Miguel de Lucas Simoes, entrepreneur and head chef of Luján Café

WHAT/WHERE? Simoes' open concept home in Saskatoon.

WHY? After immigrating to Toronto eight years ago from his native Spain, Simoes found it difficult to get a work permit. Booming Prairie economics offered much more opportunity. After some time in Manitoba he came to Saskatoon.

Simoes bought the house five years ago. At the time, he wasn't fully settled on the city but found the right house made a big difference.

"It kept a lot when you find a place and kind of get comfortable in the neighbourhood," he said.

The previous owner had been renovating but ran into trouble and decided to sell.

"There was no flooring, no railing. It was complete chaos!" Simoes said.

Soon then he has been rebuilding a piece-by-piece, working toward a space where he can cook, relax and entertain.

WHY? Simoes has both feet and hands involved for each section of the house.

As a chef, the kitchen is very important.

"I cook for a living, so I wanted to get a nice area where I can cook and maybe have some students," he said.

The large island counter has plenty of space on all sides, allowing for a social cooking experience.

"This is a really nice kitchen design for working with people. You can easily get seven people with cutting boards having a nice time, talking about Spanish cuisine," Simoes said.

Despite the large amount of space, the kitchen design is compacted. It was made to be functional, with the actual cooking experience as streamlined as possible.



BRIDGES PHOTOS
BY LYNN RICHARDS

SPACES

"Just having to bend down for tools. You can see the oven is right behind the door. You can turn around with one move, then one move to the fridge. You can move around easy," Sentes said.

Once the food is prepared, there are two options for eating. The area dining area has a traditional table with plenty of space. To the side — closer to the kitchen — is a smaller, more casual table perfect for breakfast, the small apartment popular in Spain.

"Small tables, interesting with the kitchen, that was the whole concept," Sentes said.

A little further to the side is an area Sentes said is for "chilling out." A sectional provides most of the seating on one side of the area, while a modern fireplace provides heat during the winter months. Sentes made sure to have a real, wood-burning fireplace rather than something powered by gas or electricity.

"In the winter time it's nice to have an open fire. Nothing like I don't like that," he said.

To really kick back, Sentes has two hammocks hanging inside, inspired by both his home country and his travels in South America. The hammocks are easy to stretch out and make for a unique indoor experience.

"It's nice. Whenever you want you can have a hammock party," he said.

His work is not done. Future plans include redesigning his upstairs into a large master bedroom and building a new garage with a soccer club on top.

He is also like a swimming pool outside, which he said would make parties even better.

"I love swimming, it's something I miss very much from my country. I grew up in the ocean. Saskatchewan summers are great, but I miss that," he said.



ON THE COVER

You have to learn to put things behind you and move forward. —Betty-Ann Haggie

BETTY-ANN HEGGIE

A born leader realizes her potential

By Jenn Sharp

Imagine yourself a woman in senior-level position at a new company.

One day the CEO gets on the elevator with you. You make a joke but he barely cracks a smile. You retreat to your office where you come up with credible reasons why he didn't laugh and why you'll never succeed. It grows into a confidence-robbing story you tell yourself over and over.

What you didn't know was that he just got off the phone with his wife. Their baby is sick and he was procrastinating. There's nothing wrong with you.

Imagine the same scenario but you're a newly hired man this time. You leave the elevator, shrug it off and assume your CEO just doesn't have a sense of humor. You get on with the day.

Betty Ann Haggie has learned that successful women don't waste their energy. She uses the elevator scenario when telling research that's found the part of the brain that bases negativity is larger in women than in men. Women tend to ruminate on a negative experience and turn it into something larger. Men are more like Teflon: things don't stick.

"If you want to get ahead, you have to take risks and when you take risks, things are not always going to go as you want. You have to learn to put things behind you and move forward. Women have more trouble with that than men," says Haggie, a member of Canada's Top 100 Most Powerful Women Hall of Fame.

She believes in the necessity of women supporting women. That's why Haggie's donated much of her time in retirement to sharing her knowledge and helping other women.

A motivational speaker and writer, she's most recognizable as the creator of the Betty Ann Haggie Mentorship Program at the Edwards School of Business at the University of Saskatchewan.



Betty Ann Haggie has learned successful women don't waste their energy. (Photo: LISA HARRIS)

The mentorship program to which she donates her time and money is aimed at U of S grads and includes perogatives with mentors in the community.

Haggie started with PotashCorp's marketing department in 1981 and quickly proved her worth. When the

metal public offering of the company came in 1989, she was part of the team that guided the one-year privatization process.

That's really where I appreciated

what a good person my husband was. I would get up on Sunday morning, go into the office at nine and wouldn't come home until midnight. It was grueling.

I think she's an inspiration for many people. She deserves all the kudos that she gets. — Wayne Brownlee



Self-Amy Haggie coaches women at a leadership event at the Edwards School of Business in 2012. PHOTOS COURTESY OF AMY HAGGIE

Wayne Brownlee (now the executive vice-president and CEO at PotashCorp) worked with Haggie go throughout that year.

"In some ways, we grew up through and with the company and had a pretty good ride," he says.

Haggie would later become the mining company's senior vice president before retiring in 2007.

Haggie balanced her career with being a wife and mother of two daughters in an industry where few women are represented at the highest levels.

"I think she's been an inspiration for many people. She deserves all the kudos that she gets," says Brownlee.

Haggie draws on her experience and connections with the province's business community to make the program a success. She doesn't just fund the program, her understanding to help women succeed is what drives her to share her time.

It's barely being in management, regardless of your gender but it's especially timely for women.

as an under-represented field.

"There's something about bringing women together when they know their goal is to support each other that really provides an atmosphere where people open up and start to admit what they see as their short comings and hear other people's experience. It's a beautiful thing to see people gain confidence."

Haggie says too many women want a mentor to recruit them. But that's not the point. Independence is the real goal.

"It is a moment in time when you need to find some courage to do something you haven't done before or some encouragement to step outside your comfort zone. You're encouraging people to fly."

She's learned the benefit in telling her story and encouraging people in the province to do it, too. Women don't like to promote themselves and it holds them back. Most don't like to hear women bragging either. But they do like a good story.

Continued on Page 6

Couple donates \$250,000 to Saskatoon City Hospital Foundation

Dr. Jack Haver has a great reason for donating \$250,000 to Saskatoon City Hospital Foundation on his late wife's behalf.

"We're always interested in doing something for people who helped us. There were many at Saskatoon City Hospital who did."

Jack partially trained at Saskatoon City Hospital while his sister graduated from its school of nursing. "We're so grateful because the hospital was a big part of our success," he says.

The couple met in high school. After graduation, Pat went to nursing school while Jack got his BSc and applied for the college of Medicine. "It was 1953 and I couldn't get in because spots were reserved for soldiers returning from World War II."

Jack became a teacher in 1953 instead and then a grain seller. The couple lived in Tadoussac, North Sturford and North Toronto while their family grew to six. His life long dream came true when he applied to medicine again in 1955 and was accepted.

Jack graduated in 1960 and accepted a six-month temporary position in Wyngard. The family lived in there. Jack and Pat returned to the community until he retired in 1977.

While becoming both grandparents and great-grandparents to three, they enjoyed traveling especially cruises. They were fortunate to see every continent.



Other than missing his wife and partner of 59 years, Jack has no regrets. "I'd do it all over again."

In his final tribute, Jack donated the \$250,000 to the Saskatoon Health Centre, specifically for purchase of a 3D mammography unit. Because Pat had a breast removed due to cancer Jack is happy to help others facing breast health concerns.

Saskatoon City Hospital Foundation thanks Jack, Pat and the Haver family for their generous donation.

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Women add value. And women need mentorship. I'd like each of you to offer advice and encouragement to a woman in your office — Heggie



Betty Ann Heggie encourages that more women are needed in business. To help women succeed, she started a mentorship program at the U of S. GO PHOTO BY LISA SCHMIDT.

"As a woman can promote herself by telling a story about where she was successful and get away with it where she can't if she just promotes herself," says Heggie.

Any good leader in history was a good story teller because they were able to capture the hearts and minds of people."

Heggie was the eldest of four kids growing up in Brinsford. Her mom was a school teacher and her dad owned the town's motel, where she and her siblings cleaned rooms and worked in the cafe.

When she turned 16, her dad said he was taking her to get her driver's license — he needed help driving all the kids to their activities.

I remember my brother Doug once telling my sister I wonder what our future on life is going to be today." Clearly, I felt it was my job to make sure for everybody right from the time I was a kid.

Towards the end of her career with Potash Corp. she set up mentoring positions within the company.

The guys used to make jokes and say, "It's a high potential employee but he probably doesn't have a good enough work ethic. We'll put him to work with Betty Ann for a while and he'll learn it," she remembers with a laugh.

"I enjoyed that aspect of my job a lot because you're helping bring somebody else along and it feels like you're leaving a good legacy."

During her career, Heggie was numerous women like she's made a point of telling the male-dominated audience more women were needed in business.

"Women add value. And women need mentorship. I'd like each of you to offer advice and encouragement to a woman in your office."

Eventually she got calls from contacts asking her to work with women that needed her then, she eventually realized, "You can't adopt the world."



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She makes things happen and has the courage about her to move forward with everything she gets her hands on.

—Rachel Brockman

"That led to her finding women in her network that would be a real side match. What she calls her 'free matchmaking service' grew quickly and became too large for her to handle alone."

In 2008 she approached Grant Isaac, the dean of the Edwards School of Business at the time, with a model for a mentorship program she told him she'd pay for it if the school administered it. Hoggie was pleased the school agreed, especially since it wasn't aimed at students.

"I really have to give credit to the Edwards School of Business because they put their resources towards something to help connect the university and supporting women at really our working."

Isaac calls Hoggie an "incredibly accomplished leader," and remembers he was delighted by the project.

"My role was just to stay out of the way."

Rachel Brockman, a professor at the school, and Hoggie started working together on the program. Brockman describes Hoggie as a connector who is generous with her time and her knowledge.

"She makes things happen and has the courage about her to move forward with everything she gets her hands on."

Brockman learned a lot working with Hoggie. "To watch how she communicates and how efficient it is and the way she gets things done — as a very streamlined manager with a lot of heart still. Nothing is impossible with her."

The effect of the program was immediate from Isaac's perspective.

"It was one of those ideas that took a visionary — but just made as much sense."

Brockman agrees, saying the program encourages women to learn role models on a deeper level.

"It's about connecting with people so that we can support one another."

Andrea Haines was a junior co-sponsor with the program last year and says it's essential for growing leaders in the community.

"It attracts a certain type of individual that wants to grow and develop. It's giving them a great launching pad for them to take their careers to another level."



Betty Ann Hoggie approached the Edwards School of Business in 2008 with a model for a mentorship program. **SHUTTERSTOCK/ALAN KOSLOVSKI**

The program has set the business school apart from others in the country.

"It's a business school that always embraced that sense of women as leadership positions as it was a natural place to do it. The right environment to give a program like that from," says Isaac.

Hoggie was hired at PetalCorp in

what she calls the "you have to have a woman program." She remembers people walking by her boss's office and asking him, "What are you going to do with her?"

Her first work, she was sent on a business trip to London. She was asked to take pictures for the company newsletter and meet customers. She would be traveling with Bill Whitworth, a notable figure in the company.

"He was the biggest character in

the company and he was a very successful salesman," says Hoggie.

The joke was that if she could handle Whitworth and his antics, she could run at PetalCorp. After a few nights on the town that included winning a dinner contest at a first-year convention, she was in.

"She was always so pleasant and such a good friend. You could always count on Betty Ann to do the right thing and be on top of things," says Whitworth of his longtime friend.

"The connection saved her. They still talk about Betty Ann."

She remembers a trip to Germany with Chuck Childers, the CEO at the time, to hear a man PetalCorp might purchase. Superstitions about women and money meant that Hoggie was not allowed to go below ground. She was set up on a city tour instead. Childers told them that if she wasn't going in the mine, he wouldn't either.

Continued on Page 10

If you want to have a family and have a career, choose your husband carefully because they need to be involved so that you can feel comfortable. —Heggie

"He was breaking unconscious loss at the time and I really give him credit for that."

Heggie also gives a lot of credit to her husband Wade. The two, who met on a blind date, have been married 38 years. Raising a high-powered career and a family was tough.

"If you want to have a family and have a career, choose your husband carefully because they need to be involved so that you can feel comfortable."

She remembers Wade driving her to the airport one cold winter morning for yet another business trip. She questioned herself then and the decision to leave her family for her career.

"He said, 'You know all the guys you work with are getting on the plane this morning and leaving their children with their wives and they're not thinking twice about it. So what are you telling me?' That I'm a less than sufficient parent? He was so right."

When Heggie had their first daughter Louise, the nurse came to teach her how to bottle her baby. Heggie knew bottle-feeding was a fast job and thought it would be perfect for Wade to learn.

"I said, 'My husband is going to be here at 10 o'clock and he's going to bath the baby. It's his job as you can teach him.' If I don't learn I'll never have to do it and that way he'll stay involved with the children."

Heggie says she's in the great back phase of life and doesn't expect to be winning awards. Others do not agree. She was given the 2014 Women in Mining Canada Trailblazer Award after a group in Saskatoon nominated her.

When she was called with the news Heggie assumed it was because of her mentorship program. But it was her skill as a risk taker that won the award.

"I really discontinue because I don't think of myself as a risk taker."

But then she thought—about how to go on to work in male-dominated fields and perhaps taking chances that are different from the safe ones.

"We're all risk takers. That's why



Barry Ann Heggie at the U of S Edgewood School of Business in 2013. She says she is in the great back phase of her life. ©CUTLER PHOTOGRAPHY/SHUTTERSTOCK

I'm such a firm believer now that all of our businesses need more women because I know that I brought real value to [Petro-Canada]."

She points to introducing corporate governance at the company before anyone else was doing it, which made the company look like a real leader. She also got satisfaction in reporting going to the company before

anyone else was doing it. "Nobody wanted to do it. It was entirely transparent, it was more costly. But I knew that if we wanted to make significant in other parts of

the world where they didn't have the same kinds of governance that we have in North America for regulations, we wanted to be able to put something forth—of what we believe in.

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- Honour commitment
- Quiet working environment

Motivators

- Setting goals and achieving them
- Making important contribution
- Interesting work/projects
- Sense of responsibility/commitment

STRENGTHS

- Commitment/dedication
- Attention to detail/thoroughness
- Questioning
- Time factors/think logically

There are people in your life that you meet and hold in extremely high regard and she is one of them. — Grant Isaac

PHOTOGRAPH BY GREGG DEWITT FOR THE STARPHOENIX. STYLING: JESSICA HARRIS. MAKEUP: JESSICA HARRIS. HAIR: JESSICA HARRIS. DRESS: JESSICA HARRIS. JEWELRY: JESSICA HARRIS. SHIRT: JESSICA HARRIS. SHIRT: JESSICA HARRIS. SHIRT: JESSICA HARRIS.

"I believe that I did that because I'm a woman and I think about the end user. That's the diversity that's valuable in a company and that's why we need more women."

She means working as a boss since she left PatscoCorp, asking that energy "understanding."

But she enjoys having the freedom she has now to travel and spend time with family. While, seven years older than Haggie, encouraged her to retire saying if they wanted until she was 60 they would've lost a lot of good years.

The mentorship program keeps her going too.

"Just a lot of gratitude for the fact it gives me a resource to follow all the research that's out there on women. I do think we're going to look back and say 'Can you believe how this started women were there and they weren't taken full advantage of?'"

Isaac says her accomplishments in the corporate sector and mentoring leaders within PatscoCorp were out-

standing, but it's the work she's continued upon retirement that really sets her apart.

"There are people in your life that you meet and hold in extremely high regard and she is one of them."

In retirement, she's just one of those fearless people with a vision who's prepared to meet her money, but more importantly her time in these projects.

Haggie is not for life in obscurity in the way she laughs. Her influence is powerful. It's hard not to feel fired up about the future and more own potential after spending time with her. She has a gift for bringing out an emotional desire to thrive in everyone she touches.

Isaac says: "There are some people who are wired to make a difference and there's one of them."

patrick@thestarphoenix.com
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Gracie Ann Haggie gives a speech to the gender project, the newly online resource at a Sooke Junction in 2013. THESTARPHOENIX.COM/880070

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IN THE CITY

JUNE 7, 2015 — 1:29 P.M.

Where fashion meets design



A reader displays clothing from Melissa Sapers during a Saskatoon Fashion & Design Festival event at the River Landing Amphitheatre. (MAGNET PHOTO BY JAM WISNAGRA)



Next week in BRIDGES

Muna De Ciman
is helping to build
a community in
Saskatchewan

Saskatoon's Newest Modern Age-in-Place Design Suites



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GARDENING

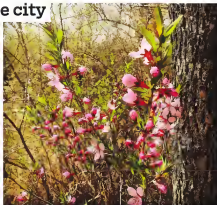
GARDENING CONTEST

Best shots from around the city

In May we asked for your best shots signalling spring's arrival and you delivered. From the first songbirds of the year to bursting flower blossoms, readers' photos were colourful and imaginative. We've printed a selection of the best ones along with two winners. The winners will receive a copy of Lyndon Parmer's *Garden Design for the Short Season* book.



Goldfinches having a spring bath in the icy pool is one of the two winning photos. Photo by SHIRLEY BARNETT



Pink blossoms at Gabriel Park are one of the two winning photos. Photo by WENDY HILLMAN



Hydrangea in bloom. Photo by JANE WOODS FOR THE STAR



Blue-eyed violet at the at the Paterson Garden Arboretum. Photo by JANE WOODS FOR THE STAR



The dandelion is a source of nectar for many insects. Photo by WILKINSON FLICK



A bright new chlorophylloma Galadivora orchid. PHOTO BY MICHAELA BIVAK



Thunberg's star apple blossoms in the backyard. PHOTO BY DONNA NAGAMOTO



Growing in a pot in a pot. PHOTO BY MICHAELA BIVAK



Water droplets glistening on the sharp sawtooths of a plant. PHOTO BY MICHAELA BIVAK



Outstanding over all the at the Garden Arbor. PHOTO BY ALISA RIMMIG-CARRAZZO



The Tulip Tree brings a little sunny color to the garden in early spring. PHOTO BY MARGARET FLICK

REMAI MODERN TURN OUT

WEDNESDAY, JUNE 17, 7 P.M., AT THE ROXY THEATRE

FILM & TALK: Artist Althea Thauberger, Preuzmimo Bendić
MUSIC: Birdapres & GreyJay

Admission: \$11 adults / \$8 under 13

Visit remaimodern.org/prelaunch for more details.

**"Fiendishly complex but also reliably compelling.
Althea Thauberger casts kids as ... us"**

— Blake Gopnik, *ArtNet News*



With our thanks.

After more than 50 years in the community, the Mandel Art Gallery has closed. On behalf of the board of trustees, staff, members, volunteers, artists and community – past and present – thank you for the support you've shown over the years.

The Mandel Building is being transformed into the Children's Discovery Museum for future generations to enjoy, and the conservatory will remain open to the public.

While we reflect on a half-century of memories, we're looking forward to what Remai Modern is becoming... opening 2016.

For Remai Modern news and events, please visit www.remailmodern.org, sign up for email updates at info@remaimodern.org, or find us on Facebook.

We look forward to welcoming you to Remai Modern!

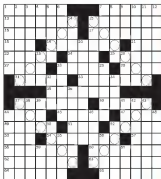
M MandelArtGallery

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Bitter conflict
7 Speaker ____
13 Movie/renowned
15 Processed biscuits
16 Longtime "National
Hospital" acronym
17 Place for a "Don't
Mess With Texas"
buckle, perhaps
18 Roman poet in
communication for
short
19 Acrobatic demand
21 "Sweet"
22 Seems absent in
Europe
24 Chicago to Toronto
25 Use a smoothie
reporter
27 Not send an expected
invitation, say
28 Lets out
29 In bed(s)
31 It may be a stop up
32 Too close to go to
depress, say
33 Second award
37 "This Land Is Your
Land" composer's
sister



- 40/41 Not considered
elsewhere
44 Couple with back-
pack
45 Stunned at idea
47 Premier's scandal
rumored
48 Take ____ down
money into
51 Car train "ch"
52 Covered up
53 To gift
54 Beaker's pretense
57 Christmas tree for
short
59 Awarded badge on an
American Franklin bc.
62 Jets down
63 Value transporter

DOWN

- 1 Silver chains
2 20,000 pounds
3 Hurt
4 Portuguese statue, statue
5 Constant of some
math(s)
6 Italian white shoe spec
7 ____ tree
8 British ones to British
9 Creative fiscal pty
10 Decision for extra pay
11 Stop-up
12 Looking forward
13 Send elsewhere, at
times go along with
14 Fundamentally
15 Manager's essential
for short
16 "Nice idea!" exclamation
17 Co. owner of a French
furn. retailer
18 Two girls' hospitalization body
19 Sort of dufla
20 In Madrid
21 Hair plots
22 That is part of
23 Become a part of
24 Social disturbances
25 Not ____

PUZZLE BY JOE KOZLOV

- 41 "Colleges"
with an
42 Contains six in its
Spanish
43 Period of strife
44 Indian Spanish
46 Other in name, as
couch
48 Rose, hair piece, ____
49 ____ At Alhambra (Spanish
engine manufacturer)
50 ____ the bear?
51 South-west with
celebrity, scoring
52 Cereal, for me
53 Yes, in Yorkshire
54 Party in tedious
celebrations for short

JARRIC
CLASSIC
SUDOKU

Level: Silver
Fill in the blank cells
using numbers 1 to 9. Each
number can only appear
once in each row and each
column and each
block. Use logic and
analysis or elimination
to solve the puzzle.
The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Look down to the
crossword puzzle, and
the Sudoku can be
found on Page 27

Summer
Playoff
JENNIFER
MUSKAL
THEATRE!

**SHREK
THE
MUSICAL**

Based on the Broadway Musical by Matthew Warchus and the book by William Steig

Book And Lyrics By **David Lindsay-Abaire** Music By **Jeanine Teschi**
Lyrics Adapted By **David Lindsay-Abaire** Lyrics Adapted By **David Lindsay-Abaire**
Directed By **David Lindsay-Abaire** Produced By **David Lindsay-Abaire**

June 26-July 4, 2015

Remai Arts Centre
PERSEPHONE THEATRE BOX OFFICE: 306.384.7727 OR ONLINE AT persephonetheatre.org

Seating 156 Available
Box Office: 306.384.7727 or persephonetheatre.org
Ticket information: 306.384.7727 or persephonetheatre.org

Nuts About Nature
At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
When do wild roses bloom and what can they be used for?
Julia

Dear Julia,
The most common wild roses that live in Saskatchewan are the prickly rose, prairie rose, and wood rose. The prickly rose has the prickliest thorns for Alberta and the rose flowers have a deep red colour, while the prairie and wood rose flowers are light pink. You can find roses blooming from June to August, exposing beautiful pink flowers with yellow anthers. The yellow anthers produce pollen and are used as a food source for bees during the summer months. In addition, the berry-like rose hips are a valuable source of protein in the winter for birds and mammals like voles, pine grosbeaks, grouse, rabbits, coyotes, and skunks. Historically, rose hips were used to treat scurvy, a vitamin C deficiency, since they are packed full of it. If you have a rose bush in your backyard you can harvest the rose hips to make delicious tea, jelly, or even syrup. If you decide to plant a wild rose bush in your yard choose a sunny spot and water the plant daily at the stem base. Make sure to enjoy the wonderful smell when the pink flowers bloom!

Send your questions to me at the address below then watch Bridges for the answers

Your pal, Chip
3010 1st Ave. Beaver Creek
Box 100 in Highway 670
Springdale, Saskatchewan S0N 0A0
Woodville and 3rd Avenue Road to Glen
Woodville, Saskatchewan
E-mail: chip@beavercreek.ca



Meewasin 

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thetarpheoenix.com

MUSIC

Wed., June 10

Michael Wood Band
Buds on Broadway,
517 Broadway Ave.

**Jazz Series: Jazz Live w/ Cedar-
dellian Onu**
The Basement,
204 Fourth Ave. N.

BC Band
Piggy's Pub & Grill,
14033 Midway Dr. N.

Matt Fiss
Village Guitar & Amp,
432 20th St. W.

Thurs., June 11

Dean Gallagher
Cuckers Restaurant & Lounge,
1-127 Pinehouse Dr.

Kelly Kaneko
Buds on Broadway,
517 Broadway Ave.

Melvin Pineda w/ Economics
Amigos Cantina,
506 Dufferin Ave.

The Merwills
Capitol Music Club,
266 First Ave. N.

**357 w/ Twin Voices and Catho-
licBelle**
Vergo's Tavern,
561 Broadway Ave.

Fri., June 12

Book Candy
Buds on Broadway,
517 Broadway Ave.

Flame Pkings Jesse Brown
Booth Series: Anderson Burke
The Basement,
204 Fourth Ave. N.

The Backbeats
Arno & New Club
309 First Ave. N.

The Rhythmaires
Fairfield Senior Citizens'



Shank Team performs Sunday at Sask Tel Centre. CANADIAN PRESS/REX PHOTO

Centre,
1034 Somerset St.

**Teenage Girl Mercuro w/
The Copartians and Honest
Friends**
Amigos Cantina,
506 Dufferin Ave.

Sean Viorke and the Outcast
Empire w/ DU Mindmerge
Capitol Music Club,
266 First Ave. N.

The Debbies
Teat Town Tavern,
3330 Fairlight Dr.

**Solo Fire and Richard Ham-
ilton**

McNally Robinson,
3830 Eighth St. E.

**David Meadows w/ The Switch-
ing Yard**
Vergo's Tavern,
561 Broadway Ave.

18th Octave
Piggy's Pub and Grill,
14033 Midway Dr. N.

Along the Ridge
Stein's Place,
106-110 Ruth St. E.

Sat., June 13

Rock Candy
Buds on Broadway,

#17 Broadway Ave.

**Flame Series: Jesse Brown
Jazz Sings Part II**
The Basement,
204 Fourth Ave. N.
The Backbeats
Arno & New Club,
309 First Ave. N.

Tony Holmes
Nutsula Legion,
2021 Lewis St.

Lean On's
Downbeat Lanes,
606 Spadina Cres. W.
Hakelaka

McNally Robinson,
3830 Eighth St. E.

**Into Eternity w/ Simplicity
and Agony Spawns**
Amigos Cantina,
506 Dufferin Ave.
18th Octave
Piggy's Pub and Grill,
14033 Midway Dr. N.

Along the Ridge
Stein's Place,
106-110 Ruth St. E.

Sun., June 14

Shank Twain w/ Wes Mack
SaskTel Centre,
3510 Theban Ave.

Doc Reed Comedy Night
Buds on Broadway,
517 Broadway Ave.

**Crowder w/ Rattiness and
Lard O'ring**
O'Brien Event Centre,
241 Second Ave. S.

Darius Michal
Village Guitar & Amp,
432 20th St. W.

Mon., June 15

Dead City Soul Revue
Buds on Broadway,
517 Broadway Ave.

Neville w/ Blues
Amigos Cantina,
506 Dufferin Ave.

Tues., June 16

Ed Sheeran w/ Hoston
SaskTel Centre,
3510 Theban Ave.

Lead Post
Buds on Broadway,
517 Broadway Ave.

Sebastian Bach
O'Brien Event Centre,
241 Second Ave. S.

**Band Skater w/ Serria and
Jumbo**
Vergo's Tavern,
561 Broadway Ave.

ART

Wed. Gallery

June 11-30 at 2-1005 Eighth
St. E. New works by Sharon
Caskie, Sandra Kross and
Chris Williams. Reception June
12, 7 p.m. to 9 p.m.

Art Trek 2015

June 12, 5 p.m. to 10 p.m.;
and June 13, 10 a.m. to 5 p.m.,
around downtown. A self-
guided studio discovery tour
including 330 Design Group,
Artists' Workshop, Artists'
Loft, E&M, Mix Artists' Col-
lective, The Studio on 20th,
Studio 5, Twine Artists Group
and Luxurion Street Studios.
Map at facebook.com/Art-TrekSaskatoon.

Black Space Gallery

Until June 21 on Highway 2 at
Northdale. Wel, showcasing
30 Canadian artists.

Market Mall Playland Art
Gallery

June 15-30 at Market Mall,
2325 Preston Ave. The Violin
by students of Georges Vener
Catholic Fine Arts School in
partnership with the Saskatoon
Symphony Orchestra.
Grand opening at the gallery
June 15, 10 a.m.

Affinity Gallery

Until July 1 at 513 Broadway
Ave. Clay Studio 19th 40th
Anniversary Exhibition. Scenar-
io works from 20th and
past members of Clay Studio
Thine Paul Coolley, Lorraine
Sarnie-Judy Tyson, Ed Fernandez,
Ron & Wendy Karama,
Marion Taggart, Thelma How-
ard and Nancy Gurnett and
Glorie Plesner. Reception June
15, 7 p.m. to 9 p.m.

Eye Gallery

Until June 19 at 17-4332 Col-
lege Dr. Photographs by Dint
Thomas

SCVAP Art Gallery

Until June 19 at 202 Third Ave.
S. 3 by Steve Hucaluk.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com



SUPPORT THE TEAM!



Extreme Vinyl
(the easiest thing to leather)
now available in
team colours



MICHELLE SWICHENIUM,
OWNER

**KOALA CUSTOM
SLIPCOVERS**
306-249-3608
koalacustom.com



Drugs Gallery

Until June 20 at 245 Third Ave. S. A new collection by Mike Degenhart.

Gallery on Third, Wetrous
Until June 20 at 102 Third Ave. E., Wetrous: Spring Fling, a group exhibition.
AKA Artist-Rox
Until June 20 at 424 20th St. W. Sponsored by Dana Clouton.

Humboldt and District Gallery
Until June 20 at 501 Main St., Humboldt: Invention, an OMAC touring exhibit of Saskatchewan artists and photographers, a local perspective exhibit by Sharon Gledhill, runs until June 27.

Hues Art Society
Until June 30 at 1818 Lorne Ave. S60 by Bridget Alkon, Nicki Kait and Jacqueline Hays Miller. Reception June 2, 2 p.m. to 4 p.m.

Gordon Teague Gallery
Until June 22 in Room 181 of the U of M Library Building. Best by the Saskatchewan Pattern Guild and Gallery Treasures by Sask Arts.

Bogert Museum and Gallery
Until June 23 at 165 Third Ave. W. in Bogert Creative from clay and glass, fabric sculptures.

The Gallery at Art Place ment
Until June 25 at 328 Third Ave. S., back lane entrance building. Works by Steyn Knechtch.

Stations Arts Centre, Soothe
Until June 27 at 701 Bellway Ave., Reston-Palace: printmaking by Anna Midgley.

Creative East Galleries
Until June 22 at The Centre: Manitoba Studio Two in the Royal Gallery, quilt display



J.J. by Steve Haskicki is on at SCULP Gallery

by MCC in the Jodie Gallery, display by Leone King. Sed'it Photo Art in the Amber Gallery, art by different artists in the Sierra Gallery, display by Shakespeare in the Saskatchewan in the Common gallery, and display by the Saskatchewan Public School Board in the Magera and Bridges Galleries.

Kelving Fine Art
Until June 27 on the eighth floor of the Bordenborough. Bordenborough: art by William by Tom Schultz and hyper-modern road-madness by William Pivetta.

Western Development Museum
Until June 30 at 3640 Lorne Ave. F150 by Minolya Mill-

an. Echoes in the Ice: Finding Franklin's Ship runs until July 5. A travelling exhibition that uses artifacts, images, audio and authentic presentations and art.

Art in the Centre
Through June at Parkridge Centre. 110-Draper-Cross Works by Mayfair Artists.

The gallery at Francis McRae Centre Library
Until July 2 at 311 23rd St. E. In the Festivals of Tom by Greg Hagerman and Jan van Klee Works from Algonquin Park.

Western Development Museum
Until July 5 at 3610 Lorne Ave. Echoes in the Ice: Finding Franklin's Ship, a travel-

ling exhibition that uses artifacts, images, audio and authentic presentations and art.

Handmade Hues Showcase
Until Aug. 1 at 710 Broadway Ave. Little Wessels by Anita Hecanica.

St. Thomas More Gallery
Until Aug. 21 at 1431 College St. de la Courcelle by Monique Martin and Catherine Miller.

Showerhouse Studio & Art Gallery
Until Aug. 31 at 308 Spadina Cres. W. Artworks by Emily Carr, a Canadian artist living and painting at the same time as the famous group of seven. A historical Mediterranean garden out front.

featuring Emily Carr quotes.

Ukrainian Museum of Canada
Until Aug. 31 at 950 Spadina Cres. E. Sloba's House by photographer Leslie Doney and Katie Kozak.

* FAMILY

Staten and Strömberg
Wednesdays, 1 p.m. at Centre Cinemas in The Centre. Choice of two movies each week. A busy-friendly environment with leveled volume, dimmed lighting, a changing table and stroller parking to select theaters.

G.U.'s Climb and Play
Only 10 a.m. to 6 p.m., in Bay 4 of the South Railway St. W. in Western Saskatchewan's newest indoor playground. For children up to age 12. Visit climbandplay.com or the Facebook page.

Pain Factory Indoor Playground
Only at 1533C Quebec Ave. A giant indoor playground for young children, adults and teens under one year are free. There is a separate fee for adults for children under one year.

Market Mall Children's Play Centre
Only just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Soothers Indoor Playground
Thursdays, 9 a.m. to 7 p.m. through May, at Emmanuel Baptist Church, 1636 Acadia St. Historic, supervised playground for kids up to age five. A lounge heater and toys for kids, designated infant play area, coffee/tea for parents. Registration on arrival. Information at soothersplayarea.com or their Facebook page.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Children's Play Centre
Daily at Laveen Heights
Mail & Fun, safe, environ-
ment for preschool children
to play. Please note this is
an unsupervised play area,
and adults must stay with
and supervise children at all
times.

Parent and Toddler Yoga
Thursdays, 9:30 a.m. to
10:15 a.m., and/or Saturdays,
10:30 a.m. to 11:15 a.m., at
Vasa Life, 2-115 Third Ave.
S, Chasco taught by Nina
Zattl. For parents and their
toddlers ages one to five.
Introduce your toddler to
the world of yoga. Classes
include postures, poses,
meditation, movement, play
and song. Classes are for
six weeks. Register at freedomfromwithinyoga@gmail.com.
305-389-4452

Breastfeeding Cafe
Thursdays, 10 a.m. to 11:30
a.m., at Westside Primary
Health Centre, 3311 Fairlight
Dr. A drop-in support group
for breastfeeding women.
Sessions will be facilitated
by a lactation consultant
with a brief educational
presentation, and time for
interaction with the other
mothers.

Moms for Mommies
Thursdays, 1 p.m., at Rain-
bow Classics in the Centre
An infant-friendly environment
with reduced sound, change
tables, bottle warming
and stroller parking.

Baby Talk at 8PM
Fridays, 10:30 a.m., at Alice
Turner Branch Mondays,
10:30 a.m. at Carlie King
Branch and at Woodlands
and Tuesdays, 10:30 a.m., at
CMT Wright Branch. Help
your singing and rhyme,
then mingle with other
parents.

Shoe'n Stroll
Fridays, 9:30 a.m. to 10:30



Jo Shoen performs Tuesday at Oak to Centre

a.m., meet in front of Customer Service at The Mall at Laveen Heights. Classes consist of power walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Preceptor at universityoflactation.com. No classes on start holidays.

Kid Yoga Classes
Ages five to 10 on Saturdays,
11:30 a.m. to 12:15 p.m.; ho-
me-schooled ages five to 12
on Mondays, 10:15 a.m. to 11
a.m., at Yoga Life, 2-115 Third
Ave. S. Classes taught by
Nina Zattl. Helps kids im-

prove emotions, find focus, re-
laxation, self-awareness and
inner fulfillment. Physically
helps with balance, strength,
flexibility, coordination and
body awareness. Classes
are six weeks. Register at
freedomfromwithinyoga@gmail.com.

Parental Partner Workshops: Yoga for Children
Saturdays, 1 p.m. to 4 p.m.,
at Birch Rhythms, 248 Third
Ave. S. Instructed by Nina
Zattl. Learn various tools
and techniques to help your
child behave and deliver. No
previous yoga experience

is required. Classes are six
weeks. Register at freedomfromwithinyoga@gmail.com.
305-389-8852.

W. W. Shiras Circus
June 13-14 at Phoenixland
Park. Featuring Tania
Zerlin and Family. Tickets at
phoenix.com.

Mom and Baby Yoga
Mondays, 11:15 a.m. to 12:30
p.m., at Yoga Life, 2-115
Third Ave. S. Classes taught
by Nina Zattl. For mothers
with babies as young as six
weeks. Time and strength for
your body, learn relaxation

and meditation tools and
explore breath-work. Classes
are six weeks. Register at
freedomfromwithinyoga@gmail.com.

**Genetics Light Source
(GLS) Public Tours**
Mondays, 1:30 p.m., at the
Canadian Light Source,
44 Innovation Blvd. The
synchrotron research facility
is open for the public.
Pre-registration is required.
Call 306-657-3644, email
outreach@lightsources.ca or
visit lightsources.ca/education/public_tours.php.

Prenatal Yoga
Mondays, 6 p.m. to 7 p.m.,
at Pregnancy and Parent-
ing Health Centre, 348 Third
Ave. S. Taught by a doula
and certified yoga teacher.
Informative and safe for any
stage in pregnancy. Call 306-
251-5443 or email pregnancy@pregnancy.com. No class on
start holidays.

Preschool Story Time
Tuesdays, 10:30 a.m. to 11
a.m., at Monthly Modern,
3030 Eighth St. E. For chil-
dren ages three to five. In the
Circle of Trees. Call 305-955-
1472.

Playgroup
Monthly and seasonal
events. Hosted by Phoenix
Hearts Learning Community,
a group of families inspired
by Waldorf philosophy.
Programming is aimed at
children ages two to five, but
all ages welcome. Information
on their Facebook page.

Engineering for Kids
Children ages four to 14 can
learn about technology and
how engineers help it develop.
Classes cover periscope
and clubs with hands-on
STEM enrichment activities.
Get information and register
at engineeringforkids.org or
a hotline at 305-928-4265.

Continued on Page 23

Skyview
At Blackstop

Lake Living
20 minutes to
city starting at
\$399,900!

barryhomesinc.com

skyviewcountrystates.ca

Imagine your new home at
Blackstop Lake, 17 minutes from the
city on a double lake highway!
Seven of ten & four plans available
Summer promotion on view,
and ready for details.

Erin's Real Estate
306.222.6527

Orlando

Hester Lake REALTOR
306.260.1711

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

Postnatal Yoga
Mondays, 12 p.m. to 1 p.m.,
at Migratory and Parenting
North Centre, 3411 First Ave.
\$5 fee/entry to intermediate
yoga designed to help with
postpartum recovery. Baby
friendly class with a certified
yoga teacher. Suitable for four
weeks to two years and four
months. Register at migratoryandparenting.org. No class
on staff holidays.

BRIDGES 4 KIDS? Saskatoon
Regular after-school pro-
grams, preschool classes
and camps for kids of all
ages at various locations in
Saskatoon. An atmosphere
for students to build unique
connections, play games, and
have fun using LEGO® blocks.
Visit bridges4kids.com or call
306-979-3245.

Saskatoon Public Library
Openings
Ongoing daily programs for
children and families. Find the
calendar at saskatoonlibrary.ca/kids/1036.

SPECIAL EVENTS

Saskatoon Farmers' Market
Open year-round. Wednesday
and Sunday, 9 a.m. to 3 p.m.,
and Saturday 9 a.m. to 2 p.m.,
Farmers are in abundance
Tuesday to Friday, 10 a.m.
to 3 p.m. and Saturday and
Sunday during market hours.
Food service and specialty
shops are open information
at saskatoonfarmersmarket.ca
or call 306-354-0262,
daffy@casualist.net

Bergheim Bandstand Stone
Wednesdays, 10:30 a.m. to
3 p.m. at St. Paul's United
Church, 454 43rd Ave.
Chairs for babies, children,
main and seniors, and jewelry
funds raised to support this
Lighthouse project.

Colinda Tour
June 10, 7 p.m. at Royal
Theatre. Fresh is perfumes
with its new album, *Colinda*.
Featuring soulful, R&B style
songs, Colinda and her band
will be at Royal Theatre, Kin-



Saskatoon Pride: Week activities continue this week until Sunday. saskatoonpride.ca for more info in last week's issue.

dy's Paradise, 306-351-0099

Mayday Causap Brewing
Wednesdays, 11:30 p.m. at
Mayday United Church. Experi-
ence and experimental brews
are welcome. Information call
306-651-6551

Comedy Night
June 10, 7 p.m. at Capital
Music Club, 344 First Ave. N.
Featuring Rob Pux with host
Rafly Taylor. Admission at the
door.

Salt Sugar Fat Workshop
June 10, 7 p.m. to 9 p.m. at
Thrive Juice Co., 117 20th St. W.
Presenting registered health
nutritionist Carmen
Ponferrante and registered
yoga teacher and health
coach Marley Guehrig
explore the truth behind
misunderstood ingredients
and how the proper use of
these foods can increase
your health and energy levels.

Bringer at the University
Pop. register by June 10 for
lower rates

A Free Night 4 Upstairs
June 10, 8:30 p.m. weekly,
dinner or dinner, at the Gar-
man Cultural Centre, 160
Catherine St. E. A fundraiser
sponsored by the Rotary
Club of Saskatoon. With
dinner, dessert, silent and live
auctions. Tickets at rotaryclubofsk.ca
or call 306-979-3245. Free
admission for kids provide clean
water in Accra, Uganda

Live Out Loud Saskatoon
Rock Week
Until June 14 around Saskatoon
concerts. Hosted by the Saska-
toon Diversity Network. With
Guy Briggs June 10, 7 p.m. and
featuring show June 11, 7 p.m.
at a community fair June 11-13,
and PULSE, an outdoor
party June 13, 8 p.m.
Tickets at saskatoonpride.ca. Infor-
mation at [**Zumba in the Park**
Thursdays until June 25, 7 p.m.
to 8 p.m. at Centennial Linear
Park. Presented by English in
Community Association. A free
fitness program that combines
Latin and international music
with dance moves. Tickets at
\[englishin.com\]\(http://englishin.com\)](http://saskatoonpride.ca.</p>
</div>
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SFDC Dance
Thursday through June, July
and August, 7 p.m. in Kiwanis
Park. Saskatoon International
Folkdance Club. Learn dances
from many countries around
the world. Everyone is wel-
come. Admission is free. Visit
sifdc.org

Borden Farmers' Market
Caydon Band
Thursdays, 10:30 a.m. at Na-
tional Legion Hall, 3021 Louisa
Ave. Hosted by the Borden
Senior Citizens Association.
Lunch and coffee are available
for a fee.

Borden Farmers' Market
Fridays and Oct. 9, 11 a.m. to 5
p.m. at Borden Hall. Infor-
mation at 306-991-2158

Great Plains Country Festival
June 12, 7 p.m. at O'Brien
Event Centre, 341 Second Ave. S.
Hosted by One One One. An
all-star country pop. Tickets
at obrieneventcentre.ca.
Ages 19+

Walking for Life
June 12-13 at Borden/Bank
Park. Hosted by the Canadian
Cancer Society, Saskatchewan
Division. Raising funds
for cancer research. Register
and donate at cancer.ca

Summer Lifestyle Show
June 12, 3 p.m. to 5 p.m. June 13,
9 a.m. to 6 p.m. and June 14,
9 a.m. to 3 p.m. in the
Weekend Arena, 300 South St. S.,
Wolkow. A lake, lounge and
home show with exhibi-
tors from summer lifestyles
businesses. Free parking,
free stuff, live music, food
trucks and bar gardens.
Tickets at the door.

**Westside Community Cen-
tre's Clothing Shop**
Saturdays, 10 a.m. to 2 p.m. at
3498 Fairview Dr. Free clothing
for all ages. Free baked goods
from a local bakery. Take
donations of clothing, shoe
toiletries, accessories and more.
Information at 306-322-8731

Wishes to Turn This
June 12, 9 a.m. registration, 10
a.m. walk on Macdonald Trail,
starting behind the Mendoc-
ino Art gallery registration and
information at 306-979-4886,
www.turnthis.com
or 306-979-4886. All proceeds
go to the
Thompson's Valley Foundation,
helping grandmothers in
Africa raising grandchildren
orphaned by AIDS

Memoirs Writers
Second Saturday of each
month from September to
June, 10 a.m. to 12 p.m. at the
Edwards Centre, 333 Fourth
Ave. N. Second and share the
events and memories of your
life in a relaxed and friendly

atmosphere. Information at
306-333-0256 or 306-352-
3446

Saskatoon Blitz
June 13, 10 a.m. to 8 p.m. and
June 14, 10 a.m. to 5 p.m. at
Premier Park, a centre,
arena and skating complex.
With celebrity guests, live
artists, national vendors and
artists, a seminar series,
something, giving tourna-
ments, dance party and a
concert with Albi Sekula and
Ultimate Power Duo.
Featuring Ted Sison, Chuck
Huber, David Vincent, Annie
Shedden, Chris Anderson,
Wes Park, Alexander Ishkan,
Alana Wolf and Tom Drumst.
Information and tickets at
saskblitz.com

Burnaby Hip Hop Showcase
June 13, 7 p.m. to 9 p.m. at
Quance Theatre in the U of
S Education Building. The U of
S Jazz Ensemble releases
their new album. A reception
and mini-concert. Admission
by donation. Information at
dunneff@uhsok.ca

**Saskatoon "Solid Rock" Lunch
Buffet**
June 13, 12 p.m. to 1:30 p.m. at
Black Angus Restaurant, 108
Knox St. W. Tickets at 306-
322-1122, 306-349-3737

Petals Rose 4s
June 13, 9 p.m. at Arks Clear-
ing Motor Speedway. Super
Trucks. Donations competing
are super trucks, mini-trucks
and BMX. Tickets at the gate

Once Upon A Dance
June 13 at 7:30 p.m. at TCU
Place. Presented by a gala
dinner. Featuring a jazz
featuring ballet, live jazz, musical
theatre and hip-hop. Tickets
at jetties.com or
306-462-1215

Celebration
June 13 at O'Brien Event
Centre, 341 Second Ave. S. A
celebration presented by Whi-
tey's Care for Kids. Featuring
Shaun Muldoon. Tickets at
obrieneventcentre.com. Funds
raised support the Children's
Hospital Foundation.

EVENTS

Saskatoon Oltimaire Association Meetings

They meet the third Saturday of the month, 10:30 a.m. to 1:30 p.m. in September at the Log Cabin at the Exhibition grounds, and October to April at Doc Holliday's, 1301 Eighth St. E. New members are welcome. Information about the social goes at 306-363-4975, 306-373-8955.

Kim Coates Ride for Kids

June 13-14 from Saskatoon to Warburton. Meet and greet and autograph signing, picnic ride to Warburton with Kim Coates and an evening cabaret with the Avenue Joes. Ticket packages at plastic.com.

2014 Modern Quilt Show

June 14, 10 a.m. to 4 p.m., at Nutana Legion, 3021 Louise St. Displays of the Saskatoon Modern Quilt Guild members' work. With a vendor market, charity quilt raffle and procession.

Keeping Up with the Knapens

June 14 at the Saskatoon Forestry Farm Park & Zoo. Celebrate Father's Day with a field with the boys. Join 110 rangers on their feeding rounds, followed by a continental breakfast. Registration is required. Call 306-978-3395.

Barbecue Fundraiser

June 14, 11 a.m. to 2 p.m. at Co-Op Antlered Food Store, 402 Lucan St. Hosted by the Saskatoon Branch of Save the Children. A family-friendly fundraiser supporting the work of Save the Children around the world. Information at 306-477-1895, 306-373-7877, leanne@savekids.com.

Off-Broadway Performers' Market, International Bazaar, and Biblio

Tuesdays, 11 a.m. to 6 p.m. in the basement of Grace-Woodminster United Church, 305 10th St. E. Offering a variety of



Art Curator, Chris for Kids goes June 13-14 from Saskatoon to Warburton. Tickets \$12.95. Photo by GORD MALLER

locally produced food, clothing and accessories from indie gift products, baking, and bookshops. New vendors welcome. Call 306-664-2540 or email cga@harrisonstshaw.ca.

Riverside Lawn Bowling Club

Monday to Saturday, 7 p.m., weather permitting. Their 6.5th season, newcomers are welcome. Three free lessons are provided. Call 306-978-1941.

Story in the Stars

June 16, 7-9 p.m., at Laurier Avenue Congregational Church. A presentation of the audio by Ave Award. Coffee will follow.

Rock Signing at Nicchelly

Regular book signings at Nicchelly's, 1610 8th St. E. For schedule and information visit nicchelly.ca/news, www.saskatoon.events.

English for Employment Class

Hosted by the Saskatoon

Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 306-259-4337, 306-553-4464, 306-259-4338. frp@opendoors.ca, opendoors.ca

THEATRE

Love & War
June 12-13, 7:30 p.m., at St. Joseph-High School. Presented by the Alladin Lines Dance Company. In a world of uncertainty caused by war, love is the only thing holding these sisters together and bring them to the family reunion away. Tickets at peato.com.

Madame Butterfly

Premiere June 11 and runs June 12-20 at Peninsula Theatre. The opera is performed by Saskatoon Opera. Tickets at 306-364-7727, saskatoonopera.ca.

Peninsula is a free community service offering a range of services. Listings will be printed twice per month. Subscribers are directed to Peninsula before the event date.



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Saskatoon Chapter

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OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridgette@stephaniemckay.com. One winner will be chosen each week.



Last week's contest winner is Stephen Skyle. Thanks to everyone who submitted entries.



Social Good parties are mini fundraisers organized by **YOU!**

- 1 Pick a date for your Social Good party
- 2 Go to www.Canadahelps.org and create a fundraiser
- 3 Tell all your friends!



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SHARPEATS

SASKATCHEWAN FOOD SCENE

Food column a labour of love

By Jenn Sharp

Writing about food is probably one of the best jobs out there.

I got paid to hang out with chefs and restaurateurs who were incredibly passionate about their work, and I got to eat A LOT of really damn good food.

This will be my last Sharp Eats column. I'm moving on to a new adventure this summer in Spain. I'm so grateful for the people I got to know while writing the column. They've inspired me and made me excited for the future of the province's vibrant food scene.

I started working in the restaurant industry when I was 16 in Weyburn. The place would fill up a line stretching out the door on Sunday mornings for our breakfast special. I quickly learned how to multi-task and the art of the lower voice.

I also learned how to deal with the kitchen. The guys on the line were less than friendly. I remember dropping a piping hot baguette all over myself one day and getting scolded as if leaving it would harm it to re-serve. Another time, my half-brother manager rudely berated me in front of customers and left me crying.

Instead of covering up, I learned how to deal with these men by taking a first stance and by using humour. I eventually got on their good side and their yelling didn't bother me any more. Those experiences also set the stage for what would become a fulfilling career in journalism. Working as restaurateurs gave me confidence, the ability to read people and some dirty plays to thrive around when the occasion called for it.

Don't underestimate how hard your server works at his desk level. There's so much more to the job than just taking orders and carrying plates to tables.

I went on to work at a range of restaurants in Saskatoon during university and during my time at The StarPhoenix. The rush of a busy night, when everything flows just right with your tables and bringing people some joy through a beautiful meal is addictive for me.

It's a big part of why I love writing about food. Chefs are some of the kindest working people I know. In many in Saskatoon and Regina are far more in love with the food than most restaurant owners and sharing their own joys.

I don't write restaurant reviews, leaving that for publications with bigger readership. If a place



The food scene in Saskatoon and Regina is really taking off and columnist Jenn Sharp, standing on the rooftop of Duff City, is happy she got to be a part of it. *Photo by Nathan McManis*

was really bad, I just didn't write about it all. Sharp Eats focused on food trends, innovative chefs, events that celebrated our local culture, chefs' and foodies' problems' work.

The column started with the first issue of Bridges in June 2011 and expanded to Regina when QC began that September. The general consensus in the rest of the country was that there was nothing here besides cheap restaurants, greasy meat and potatoes. It wasn't true of course, but no one knew it yet.

In the last few years, both cities' food scenes have exploded. There are more independent restaurants than I can keep track of and chefs here are getting coverage in national publications on a regular basis.

We host a national food competition, Gold Medal Plates, in both cities. In 2013, the winner at Regina, Milton Bebbie, went on to take the bronze at the Canadian Culinary Championships against the best chefs in the country.

Dale Maskey's Agave has been named one of the best restaurants in Canada. The Gilt and

zoologist Christopher Cho kicked off the craft cocktail trend in Saskatoon, but they're not the only ones making both cities fabulous places for foodies.

Anthony McCarthy works tirelessly with his fellow chefs in the COCC (Canadian Culinary Confederation) to organize events that promote their work and get young chefs out in the Saskatoon community.

He's organized a junior culinary exchange program that summer with the Regina COCC, Innova and Regatta. He and a team will take a group of promising young chefs on a tour of both cities' best restaurants, where they'll work and learn in a variety of different kitchens. Teams of bistro, brasserie, greenhouse, farm-to-table, department and boutique markets are included in the two weeks, along with a northern lake fishing trip.

The point of the tour is to introduce these chefs to Saskatoon's bounty and to all the good work established chefs and others in the food industry are doing here. McCarthy's wit

ignites to organize the tour points to his passion in furthering our food scene and developing chefs of whom we can be proud.

The Backyard, a newly launched pop-up during events held at Over the Hill Orchard south of Regina, is chef Miriam Simko's brainchild. The menu grows with the seasons and ingredients, avoiding all with a focus on local products.

In Saskatoon, Warrack's kitchen will be full of fresh vegans from a new garden and food from Perennia as a helping to create.

My advice to you is to try some of the new spots in town and keep supporting your old favourites. If you like it, tell a friend and if you don't, tell the chef.

My dear friend Rense Kohlman will be writing a recipe column in this space in the coming months to satisfy her beautiful words and photography.

Thank you for reading.

Twitter.com/JennSharp

ON THE SCENE

SASKATOON PRIDE FESTIVAL FLAG RAISING

The Saskatoon Pride Festival kicked off Monday with a flag raising at City Hall. The Pride Festival is an annual week-long event that celebrates diversity, fosters community pride and sends a message of respect, tolerance and acceptance. For more information go to saskatoonpride.ca.

Photos by Jennifer Hynes



1. Rachel Louisa Walker and Hylae Marie

2. Scott Bell and Sheri Benson

4. Members of the Saskatoon Diversity Network took part in the ceremony

4. Melissa Quire and Rhea Field

5. David Forbes, Tanya Dunn-Perce, Cam Rosten and Jesse Todd

6. Matt Wiens, Jack Saddenback and Craig Francis

7. Danny Pedersen and Jeff Dubert

8. Jo Morris and Rob Norris



ASK ELLIE

Be watchful with someone in an abusive relationship

Q. I work closely with a lovely woman, and I'm really concerned for her emotional and mental health.

She's been suffering for the last few months in her relationship with her husband of three years. He's an alcoholic who is overly sober and has struggled through it. Last weekend he had a few drinks — the first time in months.

She also learned he's been looking at porn on-line and having distant obligations from her. As her direct supervisor I know there isn't much in the way of help I can offer or force her into seeking. But I'd like to have some key phrases or some advice to give her.

I've suggested Alcoholics Anonymous, plus seeing a counsellor. She's been seeing a therapist, but I don't know if she's discussing her issues (it's more to be talked about her abusive relationship).

I'm trying to be supportive as a supervisor and a friend.

Stunned for Suggs' team

A. You're already being supportive by being open and showing that you care.

Be aware, however, that she may be reluctant to tell more a friendly supervisor all that transpires but for fear it might appear to reflect her work performance.

Assure her that (1) she's not alone, (2) any help you can provide, you'll do so — then encourage, by helping seek other counselling and financial advice for the current situation.

Also, it's easier for her she can have time off work if needed for professional appointments.

It's good that she joins an All Access group for the information and support of others living with alcoholism and those going through recovery.

It's respect her indication of when she wants to be private. But if you detect signs of increased stress, offer to accompany her to police and/or to a shelter for her safety.

Q. I have a daughter, and one granddaughter age 18. I've never been allowed to have the girls to my home.

My daughter says it's too far for me to drive (less than an hour).

I was previously allowed "dates" with her to go on outings, but they stopped when my granddaughter became involved with outside activities.

I've had two emotionally abusive marriages, the first to my daughter's father who eventually abandoned her too.

She was witness to the (damaged) he showed me, and it affects her now how he treated me.

It seems my granddaughter also learned from her mother's example.

She's started to ignore me when I speak to her, or to look back to me. My daughter doesn't

Ask Ellie



correct her actions.

How does one stay in contact with a grandchild who has an interest in interaction with you?

Giving Up

A. Keep a door open to your granddaughter. She's young enough that there's hope for her to become critical herself of her mother's rudeness to you, and to be curious why she hasn't been encouraged to have a relationship.

Remember that she's her own person, and not just part of a chaotic or emotionally abusive relationship.

Send her birthday, Christmas, end-of-school occasion cards. Offer to take her to a film she'd like, or to a special show like the ballet. Just by your efforts, she'll be more interested in her grandmother.

Q. I'm all women how to come out to my family as bisexual. I feel very uncomfortable emotionally and physically.

Terrified

A. You obviously care a great deal about your family indicating that they have always cared about you. Trust them. Explain what you can and ask for their understanding.

Q. I worked at this cafe and I hated every minute of it.

I was being bullied by a person who says he's the owner when it's his son who bought the place instead of him.

I was sick and tired of taking crap from him, so I quit and out of the cafe screaming, "I quit!"

Was I unprofessional in that scenario? Does an incident like that make the owner of the cafe look bad?

Rejection

A. It's good to reflect when you realize that your own reaction was over the top.

The circumstances may've been difficult, but it was the owner when you should've seen to this out.

You may still have decided to quit, but screaming publicly did nothing to make things better, and clearly left you feeling out of control and embarrassed about it.

Contact the real owner and apologize, but explain your frustration. It'll make you feel better about yourself; no matter his response.

SPORTS

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RECIPE

FATHER'S DAY RECIPE IDEAS

Shrimp and chorizo paella

By J.M. Hirach

Just because guys tend to like to grill doesn't mean every Father's Day meal has to be a culinary cliché.

Not that most guys would argue if they were honored with a heaping steak, beer, hot coles. But this year, maybe mix it up a bit and do something a little more exciting. Without sacrificing any of the family good stuff, dad craves, consider serving the meal made and whipping up a beautiful paella he can share with everyone he loves.

Paella is a pretty simple dish. And anyone who has ever made risotto will recognize similarities in the process. You start by browning some onions and peppers, then adding some meat. OK, lots of meat. Once the meat is browned, you go to the rice and liquid, then it cooks slowly along to a white, fluffy on its own. The whole thing finishes quickly in the oven, but only after you stir in some shrimp.

Want to make this dish even more decadent? You could add any number of other meats and seafood in addition to what is called for here. Add cubed salmon tips at the same time (and more rice) as the chicken. Add faro for lamb. Want more sea food? Sea urchins and heads of salmon could go in at the same time as the shrimp.

SHRIMP AND CHORIZO PAELLA

Start to finish: 1 hour

Servings: 8

Ingredients:

- 1 1/2 cups hot water
- 1 1/2 cups saffron threads
- 2 tablespoons extra virgin olive oil
- 1 small red pepper, diced and seeded
- 1 medium yellow onion, diced
- 1 large chicken breast, skinned
- 2 pounds chorizo, peeled and cut into thirds
- 2 pounds boneless, skinless chicken thighs, cut into fourths
- 1 1/2 cups Spanish or Arborio rice



Shrimp and chorizo paella. ASSOCIATED PRESS/PHOTO BY MATTHEW MEYER

- 2 large instant-onion chicken broth
- 20 ounces can chopped tomatoes
- 2 1/2 teaspoons smoked paprika
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons ground black pepper
- 2 pounds raw, peeled shrimp
- Chopped fresh parsley to garnish
- Lemon wedges to serve

Instructions

1. Heat the oven to 325 F.
2. In a small bowl or glass, combine the hot water and saffron. Let stand for 10 minutes.
3. Meanwhile, in a very large skillet or paella pan (about 15 inches if possible), over medium-high, heat the oil. Add the pepper, onion and garlic. Sauté until the onion is just browned, about 6 minutes. Add the chorizo and chicken, then sauté for another 5 minutes.
4. Add the rice and stir well. Add

the water and saffron, then add the broth. Bring to a simmer, then reduce heat to low. Cover and cook for 10 minutes. Uncover and stir in the tomatoes, paprika, salt and pepper. Cook, uncovered and without stirring, for another 10 minutes. Stir in the shrimp, then smooth the paella and set in the oven for 15 minutes, or until the liquid is absorbed and the rice is cooked.

5. Remove the paella from the oven and let stand 5 minutes. Serve topped with parsley and lemon wedges on the side.

6. Garnish with fresh parsley.



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WINE WORLD

PINOT NOIR

Okanagan vineyards overcome challenges

By James Romanow

The Okanagan is a tough place to make wine, strange as that sounds. Vines are often killed by deep frost. And more than a few wineries have been nearly ruined by heat waves. My best guess is that as consumers become more knowledgeable, you will see different varietals being grown. There are already some attempts in this direction, at Okanagan and other estates. Right now the big stumbling block is consumers' knowledge base and willingness to drink outside their comfort zone.

Punet noir sounds like a good idea in the valley. It's a cool climate, markedly sort of grape — Burgundy the appellation where the varietal was mastered, is considered a continental climate, and it gets snow. But the vines tend to overproduce in hot weather, and take a fair bit of vineyard management.

The upside for the Okanagan is if you pick your combinations of vineyards with care you can blend the grapes with both eastern and western exposures. Mission Hill has proven adept at this process and has created a label to celebrate the blend, a *Vincentade*.

The original was, the most expensive—first of this label, is still reasonably priced for a pint now. The 2013 was an odd year, climactically speaking in the Okanagan, and the vintage on the shelf now is a surprisingly nice mixed one.



The bouquet has the trademark aroma of treehoppers and herbs. The palate is slightly earthy and flavored with black fruits, plums, and blackberries, with a tart enough palate to work well with pretty much all food. If you're looking for a reasonably priced, very well-made, not over-the-top wine, this is a great place to start.

Crossword/Sudoku answers

S	T	R	I	F	E		P	R	O	T	E	M
N	E	E	D	I	C		A	L	U	M	I	N
A	N	N	A	L	E	C		G	U	N	D	L
I	T	T	W	E	F	I	R	S	T		G	I
L	O	O	M	S		E	N	E		S	U	A
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	S	T	A	I	R		S	T	E	E	P	E
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L	E	N	A		E	R	N	S	T		I	I
A	T	R	I	P		A	C	H		I	N	A
D	I	E		R	E	C	E	I	P	T		L
I	N	S	H	A	P	E		R	E	S	P	E
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2	6	1	4	9	8	5	7	3
9	4	7	5	3	6	2	1	8
3	5	8	2	7	1	4	6	9
6	2	5	7	8	4	9	3	1
8	3	4	6	1	9	7	5	2
1	7	9	3	2	5	6	8	4
4	8	2	1	5	7	3	9	6
5	1	6	9	4	3	8	2	7
7	9	3	8	6	2	1	4	5

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